



Member Club Handbook 2008-2009

* NOTE : ALL ENTRY FORMS AND VA CLUB DIRECTORY ARE LOCATED ONLINE AT WWW.VAUSAG.COM .



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1 VIRGINIA USA GYMNASTICS 2008-2009 SAC MEMBER DIRECTORY

VA State Administrative Committee Member Directory		
Virginia State Chairman	Steve Garman 3116 Knoll Dr. Falls Church, VA 22042	Home 703-241-1803 Fax 703-241-1804 vausag@aol.com
Capital Area Representative	Jim Roe	Gym 804-276-7039 roej67@msn.com
Central Area Representative	Joe Gamma	Gym 434-978-4720 tsukefly@aol.com
Northern Area Representative	Tim Menger	Gym 703-228-0708 Home 703-534-8786 tcmenger@verizonmail.com
Southern Area Representative	Barb Jirka	Home 540-520-6397 bljbr@aol.com
Tidewater Area Representative	Wendy Hylton	Gym 757-723-4966 Whyilton1@cox.net
Northwestern Area Representative	Chris Kensinger	Gym 540-869-3207 ckensinger@shenandoahtumblers.com
VA Judging Representative	Diane Berry, VANAWGJ State Judging Director	Cell 757-439-1848 Home 757-474-2220 Fax 757-474-2221 berrydb1@aol.com
E-mail News & Special Events Coordinator	Anne Foster	Gym 703-378-4284 aefstars@aol.com
VA Sectional & State Consultant	Cliff Dameron	Gym 804-530-1247 cpdameron@comcast.net
VA SAC Advisory Representative	Marshall Long	Gym 804-276-7039 amarshalllong@gmail.com
VA SAC Advisory Representative	Azin Youseffi	Gym 703-369-7800 manafi4@aol.com

VAUSAG Support Contacts		
Webmaster – www.vausag.com	Char Polanosky	cpolanosky@gmail.com



2 VAUSAG STATE CALENDAR & QUICK VIEW CHART

2.1 VAUSAG 2009 Sectional & State Meet Calendar

JANUARY 2009	3/4	10/11	17/18	24/25	31 / 1
	1/1-Thurs-NEW YEAR'S DAY		MLK WKND		1ST LEVEL 4 SECTIONAL HOST CLUB: GMS-MANASSAS, VA 1ST LEVEL 5 SECTIONAL HOST CLUB: CHANTILLY ACADEMY-CHANTILLY, VA
FEBRUARY 2009	7/8	14/15	21/22	28 / 1	
		PRESIDENT'S WKND	1ST MULTI LEVEL 4 & 5 SECTIONAL & JUDGES CUP - ALL LEVELS HOST: VANAWGJ - STE: TBA		
MARCH 2009	7/8	14/15	21/22	28/29	
	3/8-DAYLIGHT SAVINGS SPRING AHEAD 1HR		2ND MULTI LEVEL 4 & 5 SECTIONAL HOST CLUB: VIGS-MIDLOTHIAN, VA	3/28 & 29 - LEVEL 8, 9 & 10 STATE MEET HOST CLUB: GYMSTRADA MEET SITE: Oscar Smith HS - Chesapeake, VA	
APRIL 2009	4/5	11/12	18 / 19	25/26	
	NCAA REGIONALS - VARIOUS SITES	EASTER WEEKEND	4/17-19 - LEVEL 9 REGIONALS (3-DAYS) HOST CLUB: PARTKETTES-ALLENTOWN,VA 3RD MULTI LEVEL 4 & 5 SECTIONAL HOST CLUB: OCEAN TUMBLERS-CHESAPEAKE, VA	4/25-26 - LEVEL 10 REGIONALS HOST CLUB: WORLD CLASS GYMNASTICS - Boo Williams Sportsplex Hampton, VA	
MAY 2009	2/3	9/10	16/17	23/24	30/31
	5/1-3 - L8 REGIONALS(3 DAYS) - HOST CLUB: UNIQUE SPORTS - WALDORF, MD LEVEL 6/7 STATE MEET HOST CLUB: GYM INC MEET SITE: Boo Williams Sportsplex, Hampton, VA	LEVEL 5 STATE MEET HOST CLUB: BLUE RIDGE GYMNASTICS MEET SITE:Averett College Danville, VA 5/7-10 - LEVEL 9 EAST/WEST CHAMPIONSHPS- Starkville Gymnastics- Tupelo, MS	5/15-17 - LEVEL 10 JO NATIONALS-Auburn Gymnastics-Auburn, WA L10 NIT's- Auburn,WA LEVEL 4 STATE MEET HOST CLUB: WORLD CLASS GYMNASTICS MEET SITE: Boo Williams Sportsplex - Hampton, VA		MEMORIAL DAY WKND

2008-2009 - VIRGINIA USAG SECTIONAL & STATE QUALIFYING SCORES			LEVEL 4 & 5 LARGE CLUB/SMALL CLUB TEAM AWARD PLACES		LEVEL 4 & 5 SECTIONAL MEDAL GUIDELINES	2009-2010 PLANNING DATES PUBLISHED BY NATIONAL OFFICE:	
LEVEL	SECTIONAL	STATE	L4 LARGE CLUB	10 PLACES	BLUE RIBBON: 36.000 & ABOVE		STATE MEETS-L9&10 3/20-21
L4	31.50	33.00	L4 SMALL CLUB	5 PLACES			RED RIBBON: 35.975 TO 34.000
L5	31.50	33.00	L5 LARGE CLUB	10 PLACES	WHITE RIBBON: 33.975 & BELOW		NATIONALS-L9 4/29-5/2(REG 7) & L10 5/6-9(LONG BEACH, CA)
L6	NA	32.50	L5 SMALL CLUB	5 PLACES			
L7	NA	34.00	*Large Club - 4 scores count *Small Club - 3 scores count				
L8	NA	33.00	*See Virginia AllStars Optional Program Section in VAUSAG Handbook for Qualifying Information.				
L9 & 10	NA	32.00 IES-8.50					

2.2 2008-2009 VAUSAG Sectional, State & Championships Quick View Chart

QUALIFYING SCORES & STATE MEET TEAM CRITERIA						DATES & LOCATIONS – SEE SECTIONAL & STATE PACKETS FOR SPECIFICS																																	
Level	Team Score	Trophy Places	Score to Sectional	Score to State	Score to Regional	1 st Level 4 Sectional 1 st Level 5 Sectional Entry Fee: \$65.00 to Host Club	2 nd Multi Sectional & VA Judges Cup** Entry Fee: \$65.00 to Host Club	3 rd Multi Level 4/5 Sectional Entry Fee: \$65.00 to Host Club	4 th Multi Level 4/5 Sectional Entry Fee: \$65.00 to Host Club	Virginia State Meets Entry Fees: Levels 4, 5, 6, 7, 8, 9 & 10: \$75.00 to VAUSAG	Regional Host Clubs & Locations Entry Fee: TBA by Region	National Host Clubs & Locations Entry Fee: TBA by USAG																											
4 Large Club	4	10	31.50	33.00		Jan 31/Feb 1 Host Club: GMS Manassas, VA	Feb 21/22 Virginia NAWGJ Meet Site: Oscar Smith High School Chesapeake, VA	L4 & 5 Multi Host Club: VIGS Midlothian, VA	April 18/19 Host Club: Ocean Tumblers Chesapeake, VA	May 16/17 Host Club: World Class Meet Site: Boo Williams Sportsplex – Hampton, VA																													
4 Small Club	3	5				Jan 31/Feb 1 Host Club: Chantilly Academy Chantilly, VA		L4 & 5 Multi Host Club: VIGS Midlothian, VA	April 18/19 Host Club: Ocean Tumblers Chesapeake, VA	May 9/10 Host Club: Blue Ridge Martinsville, VA Meet Site: Averett College – Danville, VA Mother's Day Wknd																													
5 Large Club	4	10	31.50	33.00			Feb 21/22 Virginia NAWGJ Meet Site: Oscar Smith High School Chesapeake, VA	L4 & 5 Multi Host Club: VIGS Midlothian, VA	April 18/19 Host Club: Ocean Tumblers Chesapeake, VA	May 2/3 Host Club: Gym Inc Meet Site: Boo Williams Sportsplex Hampton, VA			May 2/3 Host Club: Unique Sports Academy Waldorf, MD																										
5 Small Club	3	5														32.50 1-time	34.00 1-time	33.00 1-time	Top 6 AA Each Age Group 7th & 8th Place AA-All Stars	32.00 1-time	34.00	32.00 1-time	34.00	32.00 1-time	34.00														
6	3	8	32.00 1-time	34.00 1-time																																			
7	3	8																	32.00 1-time	34.00	32.00 1-time	34.00	32.00 1-time	34.00	32.00 1-time	34.00	32.00 1-time	34.00											
8	3	8	32.00 1-time	34.00																																			
9	3	4																									32.00 1-time	34.00	32.00 1-time	34.00	32.00 1-time	34.00	32.00 1-time	34.00	32.00 1-time	34.00			
10	3	3	32.00 1-time	34.00																																			
VA Allstars Optional Program (Prep Opt)	NO TEAM COMP	NO TEAM COMP																																	32.00 1-time	34.00	32.00 1-time	34.00	32.00 1-time
*This information is subject to change.											*Judges Cup Entries will be accepted as of 11/1/08.																												
*IES State Score set by VAUSAG SAC											*Mobility scores to change levels: 5 to 6 to 7 to 8 = 31.00 8 to 9 to 10 = 34.00																												

NEW

3 MEMBERSHIP, ATHLETE & PROGRAM INFORMATION

3.1 Virginia USAG Professional Members

Virginia professional members are bound by and responsible for following all rules and policies set forth by Virginia USAG, Region 7 USAG and USA Gymnastics. Please endeavor to keep abreast of all updates and communications sent from VAUSAG, Region 7 and USAG. All professional memberships, safety certifications and contact information must be kept current. All professional members should know their USAG Club Number as it is needed for entry to qualifying meets.

3.1.1 Required Background Check for All Pro Members

Professional Members are REQUIRED to complete a background check with the National Center of Safety Initiatives (NCSI), according to the policies and procedures as outlined on the USA Gymnastics web site at www.usa-gymnastics.org. Mandatory background checks must be completed for all new memberships and renewals, as of **December 1, 2007**. Current members must apply for a background check at least **3-4** weeks prior to their membership expiration date. Background checks, conducted on a bi-annual basis, will be required for all Professional members.

3.1.2 Professional Member Contact Information

Contact information must be updated through USA Gymnastics at www.usa-gymnastics.org or by calling member services at 1-800-345-4719.

3.1.3 VAUSAG Member Communication – Web Site & E-mail News

Communication from VAUSAG to its membership is via the state website at www.vausag.com and the VAUSAG Member E-mail News.

VAUSAG members – including club owners, coaches & judges, must become familiar with the state website. Membership and Member Club Updates & Announcements, Member Club Handbook and Club Directory, State Calendars, Meet Results, VA State Administrative Committee Contact Information, Competition Listing for all sanctioned meets held in VA, Links to USA Gymnastics, Region 7 Gymnastics, Virginia NAWGJ and much more is included.

Members can subscribe to website updates at www.vausag.com. See lower left sidebar on the home page.

All Professional Members, club owners, coaches and judges, are highly encouraged to join the Virginia USAG E-mail News List. This list is managed by our E-mail News and Special Events Coordinator, Anne Foster. Keep informed with state, regional and national news critical to participation by joining.

Send your e-mail address to both the State Chairman at vausag@aol.com and our E-mail News and Special Events Coordinator at aefstars@aol.com to join today.

3.2 Virginia Athlete Members

3.2.1 Athlete Members & Declaration of Level

All Virginia athlete members participating in state sponsored or USAG sanctioned events must be registered members of USA Gymnastics and abide by all rules & policies set forth by Virginia USAG, Region 7 USAG and USA Gymnastics.

Level 4 & 5	
Once a gymnast competes in a Sectional meet, she may NOT drop back to a lower level in the same competitive season. Drop back petitions are considered on a case by case basis by the State Chairman. However, if the gymnast has qualified for the next level up, she may choose to enter her 2 nd sectional at the higher level. If she does not qualify for the state meet at the higher level she may NOT drop back. Her VAUSAG season is over.	
Levels 6-10 – IMPORTANT Because there are no Sectionals the state sets this deadline	
Level	Declaration of Level & State Meet Entry Deadline
Levels 8, 9 & 10	Monday, March 9, 2009 – Deadline for ALL Level 8, 9 & 10 Athletes to declare their level and enter the state meet.
Level 6 & 7	Monday, April 13, 2009 – Deadline for ALL Level 6 & 7 Athletes to declare their level and enter the state meet.
<i>Petitions to drop back must be submitted to the State Chairman.</i>	

3.2.2 Minimum Age Requirements & Determination Rules for Levels 4-10

**As indicated in the USAG Women's R&P on page 20.*

MINIMUM AGE FOR COMPETITION
Level 4 must have reached her 6th birthday.
Levels 5, 6 & 7 must have reached her 7th birthday.
Levels 8 & 9 must have reached her 8th birthday.
Level 10 must have reached her 9th birthday

All gymnasts must compete with the age division as designated for the entire season. Provided that the gymnast has reached the minimum age for her level, the gymnast's age for the competitive season is determined as indicated below.

For Levels 4, 5, 6 & 7 - age is determined by the date of the last day of the State Meet.

For Level 8 – age is determined by the date of the last day of the Regional Meet.

For Levels 9 & 10 – age is determined by the date of the last day of the State meet.

Age divisions for the Level 9 and 10 Regional, Level 9 East/West and Level 10 Jr. Olympic National Championships will be determined in March by the National Office. Ages will be published on the USA Gymnastics website and will also be sent directly to the State & Regional Chairs.

2008-2009 VIRGINIA AGE DETERMINATION DATES		
LEVEL 4	May 17, 2009	STATE MEET
LEVEL 5	May 10, 2009	STATE MEET
LEVEL 6	May 3, 2009	STATE MEET
LEVEL 7	May 3, 2009	STATE MEET
LEVEL 8	May 3, 2009	REGIONAL MEET
LEVEL 9	March 29, 2009	STATE MEET
LEVEL 10	March 29, 2009	STATE MEET

CAUTION: If a gymnast changes level, her age of competition may change.

3.2.3 Level 9/10 Age Divisions for Regionals, East/West & JO Nationals

This information was taken from the USA Gymnastics 2008-2009 Women's Program Rules and Policies, pp 19-21:

1. Age divisions for the Level 9 and 10 State Meet are determined by the State Administrative Committee.

- a. The specified age divisions may be subdivided; however they may not be combined.
 - i. Exception: At Level 9 or 10 state meet and below, age divisions may be combined if the number of athletes is small.

2. Age divisions for the Level 9 and 10 Regional, Level 9 East/West and Level 10 Jr. Olympic National Championships will be determined by the National Office. Refer to chart on p.19 of USAG Women's R&P.

- a. The State Administrative Chairmen must report the names of all qualifiers to Level 9 and 10 State Meet to their Regional Administrative Chairman by the date of their state meet entry deadline.
- b. The Regional Administrative Committee Chairmen will compile the data for their region and forward it to the National Jr. Olympic Program Manager.
- c. The Women's Jr. Olympic Program Manager will then determine the age divisions by dividing the athletes by birth date into approximately equal groups according to the designated number of prescribed age divisions.
- d. The age divisions will be published on the USA Gymnastics web site and will also be sent directly to all State and Regional Administrative Committee Chairmen.
- e. If a gymnast competes in the wrong age division, her scores are invalid for the meet (may not be used for All-Around, Individual Events or Team awards); however, the score achieved may be used for level mobility.
 - If, due to religious reasons or valid extenuating circumstances, a gymnast is unable to compete with her designated age group, she may compete on another day (or in another session) with the approval of the SACC. She will not be eligible for ANY awards. Her score may be used for mobility or qualification purposes (if qualification is by score, not placement or percentage) to the next meet.

***Please note VA's exception to this rule in item 3.2.4 of this handbook.*

3.2.4 Conflict of Competition Day Assignments for Virginia Athletes at State Meets

Per USA Gymnastics R&P, page 20, *"If a gymnast competes in the wrong age division, her scores are invalid for the meet (may not be used for All-Around, Individual Events or Team awards); however, the score achieved may be used for level mobility.*

- *If, due to religious reasons or valid extenuating circumstances, a gymnast is unable to compete with her designated age group, she may compete on another day (or in another session) with the approval of the SACC."*

****Exception for VA Athletes at their State Meets:** If a Virginia gymnast is unable to compete at States with her designated age group and needs to compete on another day, she must petition the State Administrative Committee Chairman, Steve Garman. **VAUSAG will award proper achievement, event and all-around placement awards at the conclusion of the gymnasts assigned age group session.** If the gymnast is not there to accept her awards the State will send them to her.

3.2.5 Moving Up a Competitive Level between Sectionals for Levels 4 & 5

If a **qualified gymnast** decides to move up a level between sectional meets, to include the Judges Cup, the coach should submit an additional State Meet entry to the State Chairman which indicates:

1. The gymnast had previously qualified for State at the lower level.
2. Indicate with a note the change of level on the entry form.
3. If the level change occurs at the second sectional, give to the Meet Director at the Second Sectional.
4. Steve will make the Level of State meet entry change.
5. Gymnast pays for State one time.
6. Should the gymnast attempt to qualify at the higher level at the second sectional and fails, her VAUSAG season is OVER. She may **NOT** drop back to the previous level.

3.2.6 Mobility

Athletes may not skip any level. They must advance one level at a time by scoring the minimum mobility score at any USA Gymnastics sanctioned competition (Exception: Levels 1-4). Please refer to the USAG Women's Rules & Policies for specific and detailed guidelines.

Level 5 to Level 6 to Level 7 to Level 8 – 31.00 AA

Level 8 to Level 9 to Level 10 – 34.00 AA

3.3 Individual Event Specialist Guidelines

3.3.1 Individual Specialists Competition at States & Regionals

Following action by USA Gymnastics allowing Individual Specialist competition at Regionals and below for Levels 7-10, the Region VII Administrative Committee voted to allow an Individual Specialist competition at the 2009 Level 9 & 10 Regional and State Championships. VAUSAG voted to allow IES athletes to compete at Level 9 & 10 States in VA.

- **Individual Event Specialists must declare their status by January 15, 2009.**
Contact your Steve Garman, VA State Administrative Committee Chair at vausag@aol.com to declare your Individual Event Specialist Athletes Status.
- **Qualifying Score to States is an 8.500**
- **Qualifying Score to Regionals is a 9.000**
- **Petition Score to States is an 8.750**
- **Petition Score to Regionals is a 9.250** – Please use **NEW** Petitioning Form provided by RTC Myra Elfenbein. Forms online at www.vausag.com or www.region7gymnastics.com.
- Scores for Individual Event Specialists are eligible to count towards the team score at all State meets.
- Awards: IES gymnasts will receive duplicate awards at States and Regionals. (If the IES scores a 9.2, which is equal to the 3rd place score from an AA gymnast on that event, she receives a duplicate 3rd place medal. An IES athlete will never take an event placement from an AA gymnast.)
- Declaration Status Changes after **January 15, 2009**: An IES may change their status from IES to All Around one time prior to the individual's State Qualifying Date. No further changes in declaration status may be made past this point. Normal qualifying procedures for All-Around athletes must be followed.



- Level Mobility: IES athletes may ONLY mobilize to a higher USAG level by competing as an All Around gymnast and obtaining an All-Around Score for mobility. Entry Fees: All entry fees are the same for all competitors regardless of IES or AA Status.
- There is no mobility from Regionals to Easterns for Level 9's or JO Nationals for Level 10's competing as Individual Specialists.

3.4 Virginia All Stars Optional Program (Prep Opt)

Included in this section are guidelines for participation in USAG Prep Optional gymnastics AND VAUSAG's new & improved Prep Optional Program's level requirements. Prep Opt has a new name in Virginia... "Virginia All Stars Optional Program".

VAUSAG's goal in offering VAOP is to provide an alternative optional program to all of our VA Level 4-8 JO gymnasts, high school gymnasts and recreational gymnasts.

3.4.1 VIRGINIA ALL STARS OPTIONAL PROGRAM GUIDELINES

- 1. VAOP FOLLOWS THE USAG PREP OPTIONAL PARTICIPATION GUIDELINES TO PROVIDE AN ALTERNATIVE OPTIONAL COMPETITIVE PROGRAM TO SERVE ANY OR ALL OF THE FOLLOWING ATHLETES:**
 - a. Those who have competed in the USA Gymnastics Jr. Olympic Program and have qualified to Level 7 or 8 but need a more basic introduction to optional competition.
 - b. Those who have competed in the USA Gymnastics Jr. Olympic Program at the Compulsory level and would like to experience a basic optional program during their "off" season.
 - c. Athletes who have either "retired" from the Jr. Olympic Program or do not wish to train or compete at Level 7 or 8.
 - d. Those who have never been involved in the USA Gymnastics Jr. Olympic Program and are involved with programs/organizations that have not traditionally used the USA Gymnastics Jr. Olympic Program.
- 2. GENERAL REGULATIONS FROM USAG RULES AND POLICIES FOR PREP OPTIONAL PARTICIPATION:**
 - a. Athletes must be registered USA Gymnastics Athlete or Introductory Athlete members
 - b. In order to coach on the floor of a USAG-sanctioned PREP Optional competition, a Professional, Jr. Professional, or Introductory Coach membership is required.
 - c. Since this program is an alternative program that is outside of the Jr. Olympic Development Program structure, there is NO OPPORTUNITY FOR MOBILITY into or within the Jr. Olympic Levels.
 - i. If a gymnast has never competed in the USA Gymnastics Jr. Olympic Program (Levels 1-10) but wishes to compete in the P.R.E.P. Optional Program, she must register as an Introductory Athlete Member. If at a later time in the same competitive year she wishes to move to Level 4 or 5, she must upgrade her membership by submitting a regular Athlete Membership application and pay the difference in price.
 - ii. If a gymnast already has a regular athlete membership, she does not have to change or purchase a new membership for PREP Optional.

- iii. If a USA Gymnastics Level 5 or 6 gymnast chooses to compete in the P.R.E.P. Optional Program, she must still meet the mobility requirements to advance from Level 5 to Level 6, or Level 6 to Level 7.
 - iv. P.R.E.P. Optional competitions must follow the current Women's Rules and Policies in regards to the Equipment Specifications, using the compulsory competition specifications as a minimum standard.
 - v. P.R.E.P. Optional competitions must be judged by USA Gymnastics officials certified at a minimum of a Level 5 rating. If Compulsory rated officials are assigned, it is recommended that they be assigned to judge with an Optional (Level 7/8 or above) rated official.
 - vi. Local meets may be judged by a one-judge panel, provided that they have a minimum of a Level 7/8 rating.
 - vii. If a one-judge panel is used, it must be indicated on the officials' contract.
 - d. The rules, regulations and format used by a specific state and/or region must be published and/or posted on the internet, especially for invitational competitions that may involve participants from multiple states.
- 3. Per guidelines set by USAG R&P, the VA USAG State Administrative Committee has determined the following aspects of VAOP:**
- a. ELIGIBILITY/ENTRY REGULATIONS
 - b. QUALIFYING PROCEDURES
 - c. FORMAT, SUB-DIVISIONS, AND/OR AGE DIVISIONS
 - d. DIFFICULTY - VALUE AND REQUIREMENTS
 - e. MAXIMUM START VALUE
 - f. EVENT REQUIREMENTS & RESTRICTIONS
 - g. TIMING OF BEAM AND FLOOR ROUTINES
 - h. ALLOWABLE VAULTS AND START VALUES

3.4.2 2008-2009 VA ALL STARS OPTIONAL PROGRAM RULES & REQUIREMENTS
See Charts on pages 12 & 13 for Program Details & Requirements

VAOP TIMING AND MEET FORMAT GUIDELINES.	
<i>Warm Up per Gymnast</i>	<i>1 minute 30 seconds per gymnast</i>
<i>Maximum Beam Time</i>	<i>1 minute 20 seconds – 10 second warning</i>
<i>Maximum Floor Time</i>	<i>1 minute 30 seconds</i>
<i>Meet Format</i>	<i>Follow all guidelines set for Level 7 Meet Format regarding maximum numbers allowed.</i>
<i>*Note: It is highly recommended to have the VAOP athletes compete in sessions with L4-7 athletes only.</i>	



Virginia All Stars Optional Program - VAOP



Novice Division - L1-4 Gymnasts or REC Gymnast

Intermediate Division - Any L4 or L5 Gymnast or REC Gymnast

Advanced Division - Any L6 to L8 Gymnast, High School Gymnast or REC Gymnast

*Athletes may compete in one USAG sanctioned State Meet AND the VA All Stars Optional Championship.

*There is NO Team Competition included for the VA All Stars Optional Program - VAOP

*No Score for Qualification to the VAOP State Championship Meet is Required at this time.

*L8 Optional Deductions will be used. Any Exceptions are noted.

*Special Requirements and Bonus can be fulfilled at the same time.

*If an athlete does not compete in the USAG Compulsory or Optional Program, the coach must determine the All Stars Level according to guidelines.

*A gymnast may compete higher than the described levels, but never lower AND may be an Individual Event Specialist.

*A VAOP gymnast may compete in only ONE All Stars Division per meet. This pertains to both All Around and IES athletes.

***Warm-Up: 1 min and 30 sec per gymnast**

***Compete: Follow L7 Session Planning Guidelines**

All Stars - Novice Division		All Stars - Intermediate Division		All Stars - Advanced Division	
Special Requirements	2.00	Special Requirements	2.00	Special Requirements	2.00
Execution	7.50	Execution	6.90	Execution	6.90
Artistry - 0.30 / Dynamics - 0.20	0.50	Artistry - 0.30 / Dynamics - 0.20	0.50	Artistry - 0.30 / Dynamics - 0.20	0.50
Start Value	10.00	Start Value	9.40	Start Value	9.40
No Bonus		Bonus Max (0.20 each)	0.60	Bonus Max (0.20 each)	0.60
NOVICE VAULT		INTERMEDIATE VAULT		ADVANCED VAULT	
Level 3 or 4 Vault may be performed Level 3 Vault SV - 9.00 Level 4 Vault SV - 10.00 Compulsory Deductions		Any Level 7 or 8 Group 1 Vault Over Resi Turned Sideways OR using Vault Table. 10.0 SV L8 Optional Deductions		Any Level 7 or 8 Vaults - 10.0 SV Restriction: NO YURCHENKOS ALLOWED L8 Optional Deductions	
NOVICE BARS		INTERMEDIATE BARS		ADVANCED BARS	
SPECIAL REQUIREMENTS: 0.50 each		SPECIAL REQUIREMENTS: 0.50 each		SPECIAL REQUIREMENTS: 0.50 each	
Four Skills or Elements		Five Skills or Elements		Six Skills or Elements	
One Back Circling Skill or Element		Two Circling Skills or Elements-Front or Back (Same or Different)		Two Different Circling Skills or Elements (Front or Back)	
Cast (No Height Requirement)		Cast (No Height Requirement)		Cast to Horizontal	
Level 1-4 Dismount		Level 3-6 Dismount (may be done on either bar)		Any "A" Value Dismount	
NO BONUS		BONUS SKILLS: +0.20 each		BONUS SKILLS: +0.20 each	
		Kip		Any Cast 30 degrees above Horizontal	
		Bar Change (ie-Jump to HB)		Any "B" Value Skill or Element	
		Long Hang Pullover		Layout Flyaway	
		Cast to Horizontal or Above			
		Front Hip Circle			
		Any "B" Value Skill or Element			
		Flyaway Dismount			

*A maximum of two consecutive tap swings are allowed in the divisions. The second swing must result in a connection.

*Preceding a squat on , two casts may be used without a deduction for an extra swing, except AS Advanced.

*Kip, Cast, Back Hip Circle or Clear Hip on Low Bar and High Bar Fulfills SR of Two Different Circling Skills because it is preceded a different element.

NOVICE BEAM	INTERMEDIATE BEAM	ADVANCED BEAM
No minimum time - MAX Time: 1:20min (-0.10-OT)	No minimum time - MAX Time: 1:20min (-0.10-OT)	No minimum time - MAX Time: 1:20min (-0.10-OT)
SPECIAL REQUIREMENTS - 0.50	SPECIAL REQUIREMENTS - 0.50	SPECIAL REQUIREMENTS - 0.50
One Acro Skill or Element (Non-flight) must start and finish on beam.	Two Acro Skills or Elements (Flight or Non-flight / Same or Different) must start and finish on beam.	Two Acro Skills or Elements (Flight or Non-flight / Same or Different) must start and finish on beam.
One Jump - Straight, Split or Tuck	One Dance Series (min 2 elements)	One Dance Series (min of 2 elements)
Minimum Half Turn on One Foot or Two	Minimum Half Turn on One Foot	Minimum Full Turn on One Foot
Level 1-4 Dismount	Level 3-6 Dismount or Any "A" Value Dismount	Any "A" Value Dismount
NO BONUS	BONUS SKILLS: +0.20 each	BONUS SKILLS: +0.20 each
	Handstand	Any "B" Dance or Acro. Any "C" Dance. "C" Acro Voids Routine.
	Handstand Forward Roll	Acro Series Flight or Non Flight - min 2 elements
	Cartwheel	Any leap or jump min 120 degrees
	Full Turn	Aerial or Salto Dismount
	Any leap or jump min 90 degrees	
	Any "B" Value Dance or Acro and Any "C" Value Dance	
	Walkover Front or Back	

NOVICE FLOOR	INTERMEDIATE FLOOR	ADVANCED FLOOR
No minimum time - MAX Time: 1:30min	No minimum time - MAX Time: 1:30min	No minimum time - MAX Time: 1:30min
SPECIAL REQUIREMENTS: 0.50 each	SPECIAL REQUIREMENTS: 0.50 each	SPECIAL REQUIREMENTS: 0.50 each
Two Acro Skills or Elements (Flight or Non Flight)	One Acro Series of at least Two Skills or Elements (One Skill must have flight in the series)	Two Different Acro Series.(One a minimum of Two Elements with Flight, One a minimum of Three Elements with Flight). A salto is required in one of the series or isolated.
One Forward Skill or Element	One Forward Skill or Element OR a 2nd Acro Series Flight or Non Flight - minimum of 2 skills or elements.	Two Forward Skills or Elements in a Series (Flight or Non Flight)
One Dance Series minimum of 2 elements OR One Split Leap or Jump 60 degree minimum	One Dance Series minimum of 2 elements OR One Split Leap or Jump 90 degree minimum	One Dance Series minimum of 2 elements OR One Split Leap or Jump 120 degree minimum (may be side or switch)
Minimum 1/2 Turn on One Foot	Minimum Full Turn on One Foot	Minimum Full Turn on One Foot
NO BONUS	BONUS SKILLS: +0.20 each	BONUS SKILLS: +0.20 each
	Round Off Back Handspring, Back Handspring	Round Off Back Handspring Layout
	Front Handspring	Front Acro Series with flight, one a salto or aerial
	Split Leap 120 degrees	Split, Side, or Switch Leap 150 degrees
	Any Salto or Aerial	Any "B" Dance or Acro. Any "C" Dance. "C" Acro Voids Routine.
	Front Acro Series - Min 2 with flight	
	Split, Side or Switch Leap 120 degrees	
	Any "B" or "C" Value Dance	

*Any Compulsory Skill / Element OR Code of Points A, B, C Dance and A & B Acro Skill or Element is Acceptable.

*More than .25 total deductions on one skill results in NO Bonus being awarded. Deductions in series are not cumulative per skill. I.E. - Round Off (-0.10), Back Handspring (-0.20) - Bonus Awarded.

*Qualified skills may ONLY receive BONUS ONCE.

9-30-08



4 SCHEDULING, HOSTING & REPORTING MEETS IN VIRGINIA

4.1 Scheduling, Hosting & Reporting Local & Invite Meets in Virginia

The VAUSAG State Administrative Committee named VANAWGJ as the designated Contractor and Diane Berry, VA State Judging Director as the designated Assignor of judges for meets scheduled in Virginia.

Upon publication of the VA Sectional & State Calendar all Meet Date & Judges Requests can be sent to the State Contractor/Assignor (Diane Berry, VANAWGJ State Judging Director).

Meets in Virginia are scheduled on a first come, first served basis based on the number of available Virginia judges and the number of meets scheduled on a specific date. In order to allow for the highest quality meets to our membership and athletes, two meets per weekend day can be scheduled with the available judges in Virginia. Additional meets will be considered if additional judges become available in Virginia or from out of state.

4.1.1 Step One – Complete a Judges Request Form and Submit by July 31st.

A Certified Meet Director must complete a Judges Request Form and submit with payment to the Virginia Contractor's (VANAWGJ) State Assignor – VA State Judging Director – Diane Berry. **Your meets will NOT be scheduled in the VAUSAG invite/meet calendar until ALL proper paperwork and payment is received.**

A.

Requests and Cancellation Deadlines	Fees
Requests for Judges made on or before July 31 st	\$3.00 Fee per judge
Requests for Judges made after July 31 st	\$3.00 Fee per judge – based on judges availability
Requests made LESS than 30 Days Prior to Meet Date	\$5.00 Fee per judge – based on judges availability
Cancellations Less than One (1) Week Prior to Meet Date	\$5.00 Fee per judge AND a one session fee per judge contracted

Payment Information

Make all checks for Judges Requests payable to: VANAWGJ

Send Completed Judges Request Form with proper payment to:

Address:	Diane Berry, VA SJD 1213 Hartford Court Virginia Beach, VA 23464	Phone: 757-474-2220
		Fax: 757-474-2221
		Cell: 757-439-1848
		E-mail: berrymb1@aol.com

B. Assignment of Judges Timeline

SEPTEMBER 15TH:

Based on receipt of all VA Judges Availability Forms and Contracts, the VA SJD assigns all eligible Judges to all October-December meets requested by July 31st.

DECEMBER 15TH:

Based on receipt of all VA Judges Availability Forms and Contracts, the VA SJD assigns all eligible Judges to all January-May meets requested by July 31st.

C. Guidelines and Considerations for Scheduling Meets & Assigning Judges

1. Judges Assignment Considerations – Judges are assigned as follows:
 - A - **Level/Rating** of judge required and needed by the entire meet
 - B - **Geographical location**
 - C - **Availability** – The availability of judges determines which meet can be honored. It is possible that there may be times when local judges are not available, and out town or out of state judges will be assigned.
 - D - **Please Note:** If a judge does not hold an appropriate rating, they may not be assigned to a meet requiring higher rated judges.
2. Requested meet dates and judges availability are also affected by Sectional, State, Regional and/or National scheduling.
3. Host Clubs should note that **ALL** sanctioned local and invitational meets held in Virginia are considered qualifying meets to Sectionals for Levels 4 & 5 and to States for Levels 6-10. Therefore, all judges must be contracted through the Virginia State Judging Director.
4. Sectional Hosts please remember to submit a completed Judges Request Form and payment for your sectional meet dates.
5. Listing of your clubs meets on the VAUSAG Local, Invitational, Sectional and State Calendar online at www.vausag.com requires that a completed Judges Request Form including payment is completed and sent to the state assignor.
6. Please submit all Judges Requests before sending out meet information. All clubs must include the VA State Judging Director and State Assignor, Diane Berry, on your mailing list when sending information to clubs about upcoming meets your gym is hosting.
7. In addition to items sent to USAG, State of VA and Region 7, the meet director should **submit a copy of the judges' bill, copies of any meet inquiries and meet scores** via e-mail or fax to Diane Berry, VA SJD.
8. If a club has NOT demonstrated a history of filling a two day meet, only one day of requested judges will be honored.
 - Additional judges for a second day may be requested if your meet becomes larger.
 - Judges request fees depend on the actual date of your request
 - Assigning of judges for the second day will depend on judges' availability.
9. Specific Judges may be requested – to do so:
 - a - Specify requests by notifying the State Assignor, Diane Berry, VA SJD immediately.
 - b - If your requests include judges who are out of state please submit the names of the judges and the state where they are affiliated to the State Assignor, Diane Berry – VA SJD ASAP. This is critical as the VA SJD is required to submit a request to the local state's judging director in order to determine out-of-state judge's availability.

4.1.2 Step Two – Complete USAG Sanction Request Form.

Complete a Sanction Request Form and submit to USAG with payment. Sanction Forms can be found online and also be completed and submitted online at: www.usa-gymnastics.org. All **Local, Invitational, Sectional and State Meets** must be sanctioned for qualification and use of USAG insurance.

Local and Invitational Host clubs are responsible for obtaining a sanction for their event a minimum of 30 days prior to the event. If you are hosting a meet in an outside facility, you must complete and submit a Certificate of Insurance request.

Virginia Clubs Please Note: Sectional & State Host clubs are responsible for obtaining a sanction for their event a minimum of 60 days prior to the event. See Sectional & State Host Club Responsibilities.

4.1.3 Step Three -Review & Confirm Organizational Requirements of Hosting Meets.

Use the Women's Meet Organizational guidelines to plan for a successful event. It can be found at: <http://www.usa-gymnastics.org/women/jo/2001/w-meetorgguide.pdf> . See pages 30-31 in your USAG Women's R & P for details on Invitationals.

4.1.4 Step Four – Host Club Confirmation Form to State Judging Director and Contracted Officials.

Three (3) Weeks Prior to Meet Date-Host Club Confirmation Form

- All clubs must use the VANAWGJ Host Club Confirmation Form found online at www.vausag.com or www.vanawgj.org to communicate with the state assignor and the judges assigned to their meets.
- The online form is a WORD document Form format that you may download to your computer. Type in the grey boxes and re-save the document as "**hostclubform_yourclubname.doc**". E-mail the form to Diane Berry, VA SJD at berrydb1@aol.com or complete the form, print and fax it to 757.474.2221.

Steps to Complete & Send HCCF:

STEP 1:

Three (3) Weeks Prior to meet date, the Meet Director/Club Contact must send Diane Berry, VA SJD a completed Host Club Confirmation Form.

Note: *It is critical that a complete list of clubs & potential clubs attending is provided not only to facilitate event placement of the assigned judges, but also to prevent the assignment of an Affiliated Judge to a Head Judge position.*

STEP 2:

Upon Receipt of the HCCF from the Host Club:

- The VA SJD completes their section of the HCCF with Assigned Judge's information and returns it to the Host Club.
- Host Clubs forward the HCCF to the Assigned Judges and copy the VA SJD.
- The Meet Director/Club Contact is responsible for informing assigned Judges & VA SJD of any/all specifics or changes regarding their meet. IE – Hotel confirmation numbers, directions, food, start times, report times, etc.

4.1.5 Step Five – Sanction Reporting & Competition Fees

Upon completion of your event the following MUST occur:

Send Copies of Sanctions and Competition Fees to 1-4 below:

1. Send the 1 copy of the sanction to the **National Office** within 24 hours. Make sure all judges, ***all coaches*** and the meet director have signed the sanction. No competition fee is included.
2. **Host Clubs of Local & Invitational meets –**

- a. Send 1 copy to the **Regional Office** within 48 hours **AND** attach a check for the competition fee of **\$1.00 per athlete** in the meet.
- b. Send 1 copy to the **Virginia State Office AND** attach a check for the competition fee of **\$2.00 per athlete** in the meet, **along with the original, copy of the meet results.**

Send 1 Copy and a check for \$1.00/Gymnast Competition Fee to: Lynn Perrott 8642 Lucerne Rd. Randallstown, MD 21133	Send 1 Copy and a check for <u>\$2.00</u>/Gymnast Competition Fee to: Steve Garman 3116 Knoll Dr. Falls Church, VA 22042
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3. Host Clubs of Sectional & State meets –
 - a. Please refer to the Host Club Responsibilities sections for Sectional Meets AND for State Meets in the corresponding packets in this Handbook.
4. Keep 1 copy for your records.

4.2 Special Occurrences *(Including but not limited to the following listed below)*

4.2.1 Canceled Events - pp.58 in JO Women's Program R&P:

- If a sanctioned event is canceled, the Meet Director must write the word CANCELED on the Meet Report form, sign it and return it to USA Gymnastics Member Services
- All cancellations will be subject to the cancellations fees set forth by in the Contracting and Scheduling section of this handbook.

4.2.2 Incident Report Forms – pp.58 in JO Women's Program R&P:

- An Incident Report and Injury report form must be completed in the event that an athlete is injured. The Meet Director must sign the form; the attending medical personnel must complete the form and give it to the coach or parent of the injured athlete, who then submits it to the insurance company.

4.2.3 Sanction Violations – pp. 57-59 in JO Women's Program R&P:

- The individual, as well as the club he/she represented, will be sent a letter of warning from the Meet Director. A copy of the letter will be sent to the State Administrative Chairman of the state in which the individual lives, as well as the USA Gymnastics *Vice-President* of Program, Kathy Kelly (e-mail: kkelly@usa-gymnastics.org).
- A letter from USA Gymnastics will be sent to the Meet Director and host club accused of violations. The accused individual and/or organization will have 30 days to respond.
- Sanction Violation forms can be found online along with "Violation of Sanctions" guidelines in the USAG Women's R&P online at www.usa-gymnastics.org.
- **SANCTION VIOLATIONS: THESE VIOLATIONS MAY RESULT IN A FINE, VOIDING A MEET AND THE RESULTS, AND/OR LOSS OF SANCTIONING PRIVILEGES.**

4.3 Bidding on Sectional and State Meets in Virginia

Virginia clubs interested in helping the state provide the most optimal location for a Sectional or State Meet should submit a bid to the State Administrative Chairman, Steve Garman, between March and June each year for the following competitive season by submitting a Host Club Bid Form. Bid Forms can be found online at

www.vausag.com. Host club responsibilities for Sectional and State Meets can be found in the corresponding packet included in this handbook.

Selection of Sectional and State Meet host clubs is determined by the State Administrative Chair and committee members. Bids are collected and ranked according to several factors in order to grant the most optimal host to the athletes, coaches and clubs in our state. Please contact the State Chairman or refer to the online version of USAG Women's Rules and Policies for guidelines and considerations for bidding on a meet.

4.4 Additional Information Regarding Specific Meets

4.4.1 Judges Cup

The Virginia Judges Cup is hosted each year by the Virginia National Association of Women's Gymnastics Judges in an effort to support and fund the education of the judging community in Virginia. Our judges' judge routines, participate in clinics and professional development, hand out achievement ribbons, enter scores, flash scores, hand out awards, distribute good luck grams and take part in working every aspect of this competition.

Your support and attendance is greatly appreciated. In addition to supporting your state judges association, your athletes will have a "wild card" Sectional opportunity at Virginia's Judges Cup. You may use Judges Cup as an invitational or as a sectional. Follow all proper entry procedures if using Judges Cup as a qualifying meet to States.

Entry Information:

1. Entries to Judges Cup are accepted beginning November 1, 2008. Details can be found online at www.vausag.com or www.vanawgj.org.
2. All Levels 4-10 may attend.
3. Entries will be limited to 6 sessions in 2009.
4. Athletes may use this as a qualifying meet to sectionals or to states.
5. If using Judges Cup as a sectional, ALL VAUSAG sectional qualifying and entry procedures must be followed. See the Sectional Packet for details. This includes but is not limited to the following:
 - Submit all Sectional entries on the **official VAUSAG sectional entry forms** by **Monday, February 2, 2009**.
 - Late or incomplete sectional entries are charged a \$25.00/gymnast late fee.
 - **Clubs entering both sectional entries and local entries must complete two separate entry forms.** Gymnasts entering Judges Cup as a sectional must submit their entries on an official sectional entry form by **Monday, February 2, 2009**.
 - **Clubs using Judges Cup as a Sectional Qualifier to States please note the following:**
 - Level 4 & 5 entry to their STATE meets MUST be made at the conclusion of each team's last session at Sectionals.
 - Please Note: All coaches and clubs must come to sectionals prepared with a Gym or Parents Club Check payable to VAUSAG to enter their qualified athletes to state.
 - See the State Meet Packet for specific State Entry procedures.

4.4.2 Admission/Gate Fees for Sectional or State Meets held in Outside Facilities

Gate Fees may be charged to all State sponsored meets held in an outside facility. All gate fees to Sectional & State meets will be set by the Virginia State Administrative Committee and published online at www.vausag.com.

2008 - 2009 Sectional and State Meet Gate Fee Chart		
<i>*Charged in Outside Facilities Only</i>		
Age Group	One Day Pass	Two Day Pass
Under 12	FREE	FREE
12 years & older	\$10.00	\$15.00
Senior Citizens	\$5.00	\$10.00

4.5 Inquiry Regulations

Attention ALL VA Clubs:

The Meet Director must have a coaches meeting at the beginning of each session along with the designated Meet Referee to:

- **Take club attendance AND verify that all coaches have signed in.**
- **Relay important details of the meet allowing for the most efficient and safe competition for athletes.**
- **Meet Referee explains Inquiry Procedure to all coaches.**

The following guidelines are not new – they have been inserted in the VAUSAG handbook for your information. All coaches should be aware of the proper inquiry regulations stated clearly in the USAG Women's R&P on page 44 & 45.

PLEASE NOTE: Submit ALL inquiries on an official Inquiry Form, available at all meets from the meet director or online at www.usa-gymnastics.org.

1. Coaches are entitled to see all scores of their individual gymnasts. Inquiries may be based only on the following:
 - a. Compulsories - Incorrect elements, evaluation of major elements, falls, neutral deductions or unusual occurrences.
 - b. Optionals - Awarding of Start Value, specific "flat" compositional deductions, falls, neutral deductions or unusual occurrences.
2. The Meet Director must provide inquiry forms at a place designated at the coaches meeting. The form is available:
 - a. on the USAG web site at www.usa-gymnastics.org/forms/2001/wmnscore.pdf or from your State Administrative Committee Chairman
3. Inquiries must be submitted to the Meet Director or Meet Referee within 5 minutes of the completion of the squad's competition on that event.
 - a. No fee may be charged to submit an inquiry.
 - b. Coaches need to be aware that an inquiry allows for a second evaluation which may result in:
 - i. no change in score,
 - ii. the score being raised, or
 - iii. the score being lowered.
4. Exception to the 5-minute rule: If, after the completion of the last event, an athlete's AA score is a maximum of 0.10 less than the qualifying score to the State (or Regional) Championships, the coach may submit an inquiry for the gymnast's lowest scoring event in order that the athlete be considered for

qualification purposes. Any change of score is official and is included in the final results. This process does NOT apply:

- a. for mobility purposes, or
 - b. if qualification to the state or regional meet is by percentage or designated number per age group.
5. After the Chief Judge has completed the response to the inquiry, the Meet Referee or Meet Director will return the form to the coach. The coach may not approach the judge regarding the inquiry during the competition.
 6. For the basis of score inquiry, video review is allowed ONLY at Elite Classic meets and above.



SECTIONAL PACKET



5 SECTIONAL PACKET

5.1 PURPOSE OF SECTIONAL MEETS

The purpose of Sectional Meets is to qualify to the State Championships.

These meets are set up to run as efficiently as possible while allowing each team to have all of their gymnasts, regardless of level or age, compete at the same time. The following awards are presented during and at the conclusion of each session:

Levels 4 & 5 receive individual event achievement ribbons at the conclusion of each routine performed per USAG guidelines as follows:

Blue ribbon:	9.000 & above
Red ribbon:	8.000-8.975
White ribbon:	7.500-7.975
Yellow ribbon:	7.000-7.475
Green ribbon:	6.975 & below



Levels 4 & 5 receive a Virginia Sectional All-Around Achievement Medal at the conclusion of each session based on the following All-Around totals:

Blue ribbon medal:	36.000 A.A. & above
Red ribbon medal:	35.975-34.000 A.A.
White ribbon medal:	33.975 A.A. & below

All-Around scores announced at Sectionals represent the gymnasts' ranking in that session ONLY and do not give an accurate representation of their placement in the state.

No event or all around placement awards are given.

To see a complete ranking of all gymnasts in each age group competing at the sectional meet, please refer to the VAUSAG website on the day following the last session of competition at www.VAUSAG.com.

Gate Fees may be charged to all Sectionals held in an outside facility. All gate fees to Sectional & State meets are set by the Virginia State Administrative Committee.

Sectional Hosts should include this statement in their programs.



5.2 2009 SECTIONAL MEET ENTRY INFORMATION, DATES & HOSTS

Sectional Date	Qualifying Scores	Entry Deadline	Entry Fee	Host Club Contact	Meet Site
1 ST Level 4 Jan 31/ Feb 1	31.50AA	Monday, Jan 12 th 2009	<u>\$65.00</u> MAKE PAYABLE TO HOST CLUB	<u>GMS Gymnastics</u> 7226 Newmarket Ct. Manassas, VA 20109 Contact: Azin Youseffi manafi4@aol.com (Azin Cell)703-932-4773 (G)703-369-7800 (Fax)703-361-1906	GMS Gymnastics
1 ST Level 4 Jan 31/ Feb 1	31.50AA	Monday, Jan 12 th 2009	<u>\$65.00</u> MAKE PAYABLE TO HOST CLUB	<u>Chantilly Academy Gymnastics</u> 14088-K Sullyfield Cir. Chantilly, VA 20151 Contact: Eugenia Dreyer/Anne Foster Eugbj4@aol.com / aefstars@aol.com (G)703-378-4966 (Fax)703-378-2914	Chantilly Academy Gymnastics
Judges Cup 2 nd Multi Sectional Level 4/5 February 21/22	31.50AA	Monday, Feb 2 nd 2009	<u>\$65.00</u> MAKE PAYABLE TO HOST CLUB ALL LEVELS 4-10 WELCOME	<u>Virginia NAWGJ</u> 1213 Hartford Ct VA Beach, VA 23464 Contact: Morgan Carraway moewam@aol.com (Office)757-474-2220 (Fax)757-474-2221	Meet Site: Oscar Smith High School
3 rd Multi Sectional Level 4/5 March 21/22	31.50AA	Monday, March 2 nd 2009	<u>\$65.00</u> MAKE PAYABLE TO HOST CLUB	<u>Virginia International Gymnastics</u> 2400 Oak Lake Blvd Midlothian, VA 23112 Contact: Jim Roe meetdirector@vigs-gymnastics.com (G) 804-276-7039 (Fax) 804-739-0192	Virginia International Gymnastics
4 th Multi Sectional Level 4/5 April 18/19	31.50AA	Monday, Mar 30 th 2009	<u>\$65.00</u> MAKE PAYABLE TO HOST CLUB	<u>Ocean Tumblers Gymnastics</u> 912-A Professional Place Chesapeake, VA 23320 Contact: Morgan Carraway moewam@aol.com (G) 757-547-0169 (Fax) 757-436-2724	Ocean Tumblers Gymnastics

- Entry Fee is **\$65.00/gymnast**
- **ALL** entries **MUST** be submitted to the host club using the online entry forms found at www.vausag.com by the entry deadline.
 - **1st SUBMIT ONLINE ENTRY FORM TO HOST CLUB** by the **entry deadline**.
 - **2nd MAIL** check to the host club within 24 hours of completed online entry. As long as entry has been received on or before entry deadline, next day postmarks on payments received are accepted.
- All meets have a **Monday** deadline which is **3 weeks** prior to the meet.
- **Remember: All entries MUST be made online & payments mailed to HOST club.**

Judges Cup may be used as a Sectional Meet for Levels 4 & 5. If using as a Sectional, Qualifying Scores and proper Sectional Entry procedure must be followed and submitted according to entry deadlines.

OR

Judges Cup may be used as an Invitational Meet for Levels 4-10. Please refer to Judges Cup Information.

5.3 2008-2009 SECTIONAL ENTRY INFORMATION & GUIDELINES

5.3.1 Entry Requirements

- Levels 4 & 5 - Score a minimum of a **31.50 AA** at a local or invitational meet.
- Levels 6, 7, 8, 9 & 10 - No sectional competitions are held at these levels.

5.3.2 Entry Fee

- \$65.00/gymnast
- **ONE CHECK MADE PAYABLE TO THE HOST CLUB**

5.3.3 Entry Form Guidelines

- Official sectional entry forms are available online at www.vausag.com ONLY.
- **ALL SECTIONAL ENTRY FORMS MUST BE COMPLETED IN THEIR ENTIRETY OR THEY MAY NOT BE SUBMITTED.**
- Your gymnasts are **NOT** considered entered in the meet until all of the information that is required is received!
- NO "Pending" entries are allowed.
- **ALL** entries **MUST** be **Entered Online AND Payments MAILED** to the host club by the entry deadline.
- All meets have a **Monday** deadline which is **3 weeks** prior to the meet.

5.3.4 Instructions for Online Entry Forms

AS OF NOVEMBER 2008, ALL SECTIONAL MEETS MUST BE ENTERED ELECTRONICALLY VIA VAUSAG'S ONLINE ENTRY FORM AVAILABLE AT WWW.VAUSAG.COM.

NOTE: ALL PROCEDURES WILL BE UPDATED AS NEEDED BASED ON LATEST ONLINE ENTRY FORM AVAILABLE. CHECK ONLINE INSTRUCTIONS FOR UPDATES.

ALL CLUBS MUST SUBMIT ALL ENTRIES USING THE ONLINE FORM:

1 – GO TO WWW.VAUSAG.COM

2 – FROM THE HOME PAGE LOCATE THE "ENTRY FORMS" SIDEBAR AND DOUBLE CLICK.

3 – FOLLOW ALL INTRUCTIONS FOR ENTERING AND SUBMITTING ONLINE ENTRY AND PAYMENT OF SECTIONAL TO HOST CLUB.

5.3.5 Late Entry Guidelines

- A late fee of **\$25.00/gymnast** is charged for any entries that are late, incomplete or filled out incorrectly. There will be **NO** exceptions to this policy.
- It is possible that you may be denied entry to a sectional meet if you enter less than 10 days in advance. Per the USAG R & P, denial should be based on the fact that all sessions are already full. If your late entries can be accommodated, your team may be placed in separate rotations/sessions at the meet director's discretion.
- Replacements (with an athlete in the same session/level/age division) may be made with no extra fee up to the start time of the timed warm-ups, as long as that athlete received a sectional qualifying score PRIOR to the entry deadline set forth for that individual Sectional meet.

5.3.6 Refund Policy

- Refunds must be requested in writing by submitting an official meet withdrawal via mail, fax or e-mail to the host club a minimum of ten days prior to the meet date.
- You may mail, fax or e-mail your meet withdrawals - please provide Club Name, Gymnast Name and Level.
- No refunds will be granted if requested less than ten days prior to the meet date.

5.3.7 Qualifying Opportunities

- All Level 4 and Level 5 competitors are allowed to **participate in 3 of the 4** scheduled state qualifying sectional meets ONLY. For further clarification, this means that **NO SINGLE PARTICIPANT may have more than 3 qualifying opportunities to make it to her state meet.**
- If using Judges Cup as a sectional, it will count towards the maximum of 3 qualifying opportunities. All proper entry procedures must be followed.
- Non Qualified Level 4 & 5 athletes have priority entry to ALL scheduled sectional meets considering all entry procedures have been followed correctly.

5.3.8 Sectional Meet Times

- Sectional times will be communicated through the sectional host club a minimum of one week prior to the meet date via e-mail or their official home web site. The state web site at www.vausag.com also posts sectional times and information.
- Coaches and club owners **ONLY** may call OR e-mail the HOST CLUB (if you have not already been notified). **NO PARENTS ARE ALLOWED TO CALL or E-MAIL HOST CLUBS!!**

5.3.9 Sectional to State Qualification Procedure for Levels 4 & 5

- Level 4 & 5 entry to their STATE meets MUST be made at the conclusion of each team's session at Sectionals. See the State Meet Packet in this Handbook for specific State Entry procedures.
- Please Note: All coaches and clubs must come to sectionals prepared with a Gym or Parents Club Check payable to VAUSAG to enter their qualified athletes to states.

5.4 Host Club Responsibilities for Sectionals

5.4.1 Host Club Requirements:

1. Host Club must have a USAG Certified Meet Director in charge of the meet. Meet Directors must be USAG Safety Certified Professional Members who follow all USAG, Region 7 and Virginia Rules and Policies.
2. Host Club must use a computerized scoring system with experienced operator(s).
3. **Host Club must be able to manage electronic entries. Receipt of electronic entries to Sectionals and Submission of Electronic State Meet Entries to State Chairman at the conclusion of the Sectional meet weekend.**
4. Use the Women's Meet Organizational guidelines to plan for a successful event. It is found at: <http://www.usa-gymnastics.org/women/jo/2001/w-meetorgguide.pdf> . Contact Steve Garman with any questions or concerns at 703-241-1803.
5. Obtain a sanction for the meet at least 60 days in advance.
6. In consideration of parents and gymnasts, no other activity can take place in the gym during the scheduled competitive sessions. Adequate parking and spectator areas should be provided.
7. ALL USAG RULES AND POLICIES MUST BE FOLLOWED. Provide a clear and organized gym layout. Legal equipment and regulation matting is required. See USAG Women's R & P pages 75-80.
8. Send a request for judges with appropriate fees to Diane Berry – see Meet Scheduling and Request for Judges Guidelines set forth in pages Section 4 of this handbook. Contact Diane Berry with any questions at 757-474-2220 or at berrydb1@aol.com.
9. Secure and pay for judge's hotel rooms. Please note: Due to carpooling arrangements all judges must be at the same hotel.
10. Secure and pay for a Certified Athletic Trainer to be at each scheduled session
11. Contact Peach State Awards at 1-800-963-3250 or gkleos@gmail.com (Melanie & Rick Walker) to order required Sectional Medals and Neck Ribbons (Blue, Red & White) based on number of entries received.
12. Upon receipt of the awards shipment form Peach State Awards, the host club must inventory all medals and each color of neck ribbon. Host Club must return any unused medals and neck ribbons to Peach State Awards with remaining inventory count at the conclusion of the Sectional Meet Weekend.
13. E-mail or Mail all clubs a copy of sectional meet information and entry procedures. Be sure to reference www.vausag.com and include hotel information 60 days prior to meet date. Meet information can be posted on host club website if available.

Please send all meet information to the VAUSAG e-mail news coordinator at aefstars@aol.com for distribution to membership and to the VAUSAG webmaster at cpolanosky@gmail.com for posting on the website.
14. Host Clubs should provide a program for spectators including the VAUSAG Purpose of Sectionals statement.
15. Host clubs must provide a hospitality area (food & drinks) at the meet for coaches and judges.

16. No gate fees will be charged unless an outside facility is used. The VA SAC sets the gate fees charged at all Sectional & State meets in VA.

17. State & Regional Competition Fees: The host club/meet director is responsible for paying ALL meet expenses involved with hosting the Sectional meet. These include, but are not limited to: Judging Bill, Judges Hotel Rooms, Hospitality, State Competition Fee-\$10.00 per athlete and Regional Competition Fee-\$1.00 per athlete, Mailings, Athletic Trainer, Awards and any other expenses incurred.

5.4.2 Meet Director Responsibilities-Organizational, Clerical, Attendees, Etc.

Before the Meet Weekend:

1. The host club/meet director is responsible for collecting, copying and organizing all entry forms, fees and late fees.
2. Host club/meet director handles all meet withdrawals and refunds. State and USAG 10 day guideline **MUST be followed.**
3. **Entries submitted Online will be received by both the State Chairman and the Host Club Contact. All scores used to enter Sectionals will be verified by Steve Garman, VAUSAG SAC.**
4. Format of Sectional Meet - Meet directors and the State Chairman set up the format for the meet. Please contact Steve at 703-241-1803.
5. As soon as the meet is set, the Host Club should E-mail, Fax or Call and then mail or post on the state and club web site the meet times, session assignments and number of coaches required for each team to ALL participating teams. Please forward this information to the State e-mail news coordinator and VAUSAG webmaster too.
6. Host Club must follow all Meet Scheduling and Request for Judges Guidelines. See Section 4 of this handbook for details. Contact Diane Berry with any questions at 757-474-2220 or at berrydb1@aol.com.
7. A computerized scoring program and experienced operators that are established and reliable **MUST** be used.
8. If scorecards are used, entry of event scores **MUST** be by a volunteer, NOT a judge. Host Clubs should plan for score sheets or score slips that the judges can hand to a volunteer scorekeeper for entry onto scorecards. Score slips must allow for **both judges scores**, neutral deductions and start values to be entered.

During the Meet Weekend:

JUDGES, COACHES AND ATHLETES

1. Be sure that all judges and coaches sign in to the meet with valid USAG Pro Member credentials issued by USA Gymnastics. Pro Membership, Safety Certification and **Background Check** must be current.
2. **Meet Director must have a coaches meeting at the beginning of each session along with the designated Meet Referee to:**
 - a. **Take club attendance AND verify that all coaches have signed in.**
 - b. **Relay important details of the meet allowing for the most efficient and safe competition for athletes.**
 - c. **Meet Referee explains Inquiry Procedure to all coaches.**

3. All athletes should come prepared to compete. For the safety and consideration of ALL the athletes both coaches and parents should not allow an injured or sick athlete to compete.
4. Only professional members who are actually coaching and athletes who are competing in that session are allowed on the competition floor.

AWARDS

1. Contact Peach State Awards at 1-800-963-3250 or gkleos@gmail.com (Melanie & Rick Walker) to order required Sectional Medals and Neck Ribbons (Blue, Red & White) based on number of entries received.
2. Upon receipt of the awards shipment from Peach State Awards, the host club must inventory all medals and each color of neck ribbon. Host Club must return any unused medals and neck ribbons to Peach State Awards with remaining inventory count at the conclusion of the Sectional Meet Weekend.
3. One sectional medal and one neck ribbon together is considered one piece. Each piece is \$2.00. To determine cost - multiply the number of medals/neck ribbons distributed at the sectional by \$2.00 each and forward payment and copy of inventory to VAUSAG.
4. The host club provides Individual Event Achievement Ribbons for Levels 4 & 5.
5. State of Virginia All-Around Achievement Medals and Neck Ribbons are awarded to all Levels 4&5 competing according to the guidelines set forth by the State Administrative Committee on the "Purpose of Sectional" page of this handbook. Please announce all Level 4's competing by All Around and then all Level 5's competing by All Around.
6. NO placement awards are given. Please include the "Purpose of Sectional" statement, included in the front of this Sectional Packet, in all programs distributed at the meet.

RESULTS & STATE ENTRY

1. Post scores after each rotation (2nd +) and session.
2. Level 4 & Level 5 Entry Requirements
 - Qualifying score of a minimum of **33.00 AA**
 - Enter at the conclusion of Sectional Session
 - 2008-2009 Level 4 & 5 State Entry Fee - **\$75.00**
3. **Meet Director's in coordination with their Clerical Committee MUST:**
 - a. **Provide a State Entry table where all coach's go to enter their gymnast's to their State Meet.**
 - b. **Print out each participating team's roster for each coach. Coach confirms entrants and pays for all state entrants with a Gym or Parents Club check ONLY.**
 - c. **Payments are made payable to VAUSAG.**
 - d. **One check may be used to pay for ALL levels.**
 - e. **Sectional Meet Directors are responsible for collecting ALL payments.**
 - f. **Original Sectional Entry Form must be available to participating clubs coaches.**
 - g. **Approved State Meet entries and fees for all gymnasts who qualify are due at each clubs final sectional session to the Sectional Meet Director.**
 - h. A late fee of \$25.00/gymnast applies if qualifying gymnasts are not entered at the conclusion of the sectional session your team attends, or if submitted state entry forms are incomplete.

- i. NO Pending Entries are allowed.
4. ALL USAG RULES AND POLICIES MUST BE FOLLOWED BY ALL ATTENDING. If problems occur and the State Chairman is not available, contact the Virginia board members for an immediate decision.

After the Last Session of the Weekend:

END OF MEET RESPONSIBILITIES

1. **Provide a Score Master Report of all sessions of the meet by LEVEL, by ALL-AROUND, by SCORE listing ALL State Qualifiers. This will be considered the official State Entrants unless otherwise noted.** E-MAIL this list to Steve Garman at the conclusion of the weekend at vausag@aol.com.
2. Send results to the VAUSAG Webmaster in HTML format or as an Excel file to: cpolanosky@gmail.com.
3. Final resultsE-MAIL a copy of all state meet entries to Steve Garman at vausag@aol.com. All payments received must be mailed immediately following the event. Please include copies of the original score sheets to Steve.
4. Send payment for sectional medals of **\$2.00/medal** used to State Chairman – Steve Garman – address below. **Make check payable to VAUSAG.**
5. Send a Sectional Competition Fee of **\$10.00/gymnast** to Steve Garman, SAC. **Make check payable to VAUSAG:**
Steve Garman
3116 Knoll Drive
Falls Church, VA 22042
6. Send a Regional Competition Fee of **\$1.00/gymnast** to – Make check payable to **Region 7 Gymnastics:**
Lynn Perrott,
8642 Lucerne Rd.
Randallstown, MD 21133
7. Fill out and sign sanction. Send copies of sanction to:
A - USAG – original
B - Regional Chairman
C - State Chairman
D - Keep one for your records
8. **A completed Financial Report must be submitted to the State Chairman within 30 days of the sectional event.** A copy of the Financial Report Form to be used is found in this handbook or online at www.usa-gymnastics.org.

5.5 STATE (VAUSAG) Responsibilities

1. Verify that all entrants have qualified.
2. Mediate all discrepancies that should arise before, during or after the meet.

5.6 SECTIONAL ENTRY FORMS

Please go to www.vausag.com for all Sectional Entry Forms.



STATE PACKET



6 STATE PACKET

6.1 PURPOSE OF STATE MEETS

The purpose of the Level 4-10 State Meets in Virginia is to provide a culminating competition in the format of a championship event for Virginia gymnasts and their teams who have met the qualification guidelines set forth by the State Administrative Committee.

State Meets for Levels 8-10 are also used as a qualifier to Regional Championships for Levels 8-10; and onto USAG East/West Championships for Level 9 athletes and USAG Junior Olympic National Championships and ***National Invitational Tournament*** for Level 10 athletes.

State Championships are set up according to the USAG Women's Rules and Policies and the guidelines set forth by the both the Regional and Virginia State Administrative Committees.

Awards Presented at Virginia State Meets:

Level 4 & 5:

Event Achievement Awards, Age Group Event Placement Awards, Age Group All-Around Awards and Team Awards – both Large Club and Small Club are presented.

Level 6 & 7:

Age Group Event Placement Awards, Age Group All-Around Awards and Team Awards are presented. Senior appreciation awards are presented to all our graduating Virginia gymnasts.

Level 8-10:

Age Group Event Placement Awards, Age Group All-Around Awards and Team Awards are presented. Regional Qualifiers are announced. At Level 8 States the VA Regional team by age group and All-Around are announced as well as Regional All-Star team members. Level 9 & 10 qualify by score to their regional meets and then by placement at Regionals to their national meet. Senior appreciation awards are presented to all our graduating Virginia gymnasts.

Please Note: All state qualifiers who attend a state meet receive a state gift which is presented at the conclusion of their competitive session.

To see a complete ranking of all gymnasts in each level and age group competing at a state meet, please refer to the VAUSAG website on the day following the last session of competition at www.VAUSAG.com. Team rankings are also available.

Gate Fees may be charged to all State Meets held in an outside facility. All gate fees to Sectional & State meets are set by the Virginia State Administrative Committee.

State Hosts should include this statement in their programs.



6.2 2009 STATE MEET ENTRY DEADLINES, DATES, FEES & HOSTS

State Meet Date	Qualifying Scores	Entry Deadline	Entry Fee	Host Club & Contact Information	Meet Site
Level 8, 9 & 10 March 28/29	L8 - 33.00AA L9 & 10 - 32.00AA <u>8.80 IES</u> (One Time)	Monday, March 9 th 2009	\$75.00 per gymnast MAKE PAYABLE & SEND TO VAUSAG	<u>Host Club: Gymstrada Gymnastics</u> Contact: Steve Garman, VAUSAG Chairman – vausag@aol.com 3116 Knoll Drive Falls Church, VA 22042 (H) 703-241-1803 (Fax) 703-241-1804	Site - Outside Facility-Oscar Smith HS-Chesapeake Organized by VAUSAG State Board
Level 6 & 7 May 2/3	L6-32.50AA (One Time) L7-34.00AA (One Time)	Monday, April 13 th 2009	\$75.00 per gymnast MAKE PAYABLE & SEND TO VAUSAG	<u>Host Club: Gym Inc.</u> Contact: Steve Garman, VAUSAG Chairman – vausag@aol.com 3116 Knoll Drive Falls Church, VA 22042 (H) 703-241-1803 (Fax) 703-241-1804	Site – Outside Facility-Boo Williams Sportsplex-Hampton Organized by VAUSAG State Board
Level 5 May 9/10 *Mother's Day	<u>33.00AA</u>	Final Date: Entries are due at the conclusion of each sectional session	\$75.00 per gymnast MAKE PAYABLE & SEND TO VAUSAG	<u>Host Club: Blue Ridge Gymnastics</u> Contact: Steve Garman, VAUSAG Chairman – vausag@aol.com 3116 Knoll Drive Falls Church, VA 22042 (H) 703-241-1803 (Fax) 703-241-1804	Site – Outside Facility-Averett College-Danville Organized by VAUSAG State Board
Level 4 May 16/17	<u>33.00AA</u>	Final Date: Entries are due at the conclusion of each sectional session	\$75.00 per gymnast MAKE PAYABLE & SEND TO VAUSAG	<u>Host Club: World Class</u> Contact: Steve Garman, VAUSAG Chairman – vausag@aol.com 3116 Knoll Drive Falls Church, VA 22042 (H) 703-241-1803 (Fax) 703-241-1804	Site – Outside Facility-Boo Williams Sportsplex Hampton Organized by VAUSAG State Board

6.3 2009 State Meet Entry Procedures for Levels 4 & 5

6.3.1 Level 4 & Level 5 Entry Requirements

- Qualifying score of a minimum of **33.00 AA**
- Enter at the conclusion of Sectional Session
- 2008-2009 Level 4 & 5 State Entry Fee - **\$75.00**

6.3.2 How to enter Level 4 & 5 Virginia State Meets

- Entry to the STATE meet MUST be made at the conclusion of your team's session at Sectionals. ONLY Gym or Parents Club checks made payable to VAUSAG will be accepted. **Host clubs provide a state entry form listing all clubs State Qualifiers for approval and payment by coach.**
- The Sectional Meet Director conducts a Coaches meeting at the conclusion of each session for the purpose of entering gymnasts to the State Meet. Sectional Meet Directors are responsible for collecting all payments. Original Sectional entry form must be available to participating club coaches.

- **Checklist for Level 4 & 5 State Meet Entries:**
 - a. **State meet entries for all qualifiers must be approved by each teams head coach and returned with payment to the Sectional Meet Director.**
 - b. All checks MUST be made payable to **VAUSAG**.
 - c. Only Gym or Parents Club checks are accepted. ONE check may be used to pay for ALL levels.
 - d. **Approved** State Meet entries and fees for all gymnasts who qualify are due at each clubs final sectional session to the Sectional Meet Director.
 - e. A late fee of \$25.00/gymnast applies if qualifying gymnasts are not entered at the conclusion of the sectional session your team attends, or if submitted state entry forms are incomplete.
 - f. NO Pending Entries are allowed.

6.3.3 Large Club / Small Club Team Awards for Levels 4 & 5

Level 4 & 5 State Meets - Large Club/Small Club Guidelines:

A team's Large Club/Small Club status is determined by the number of athletes per team entered in any one state meet and can change from one level to the next based on the number of total team entries for the Level 4 and Level 5 State Meet.

Large Club: **Ten places** are awarded for **Large Club – top 4 scores count.**

Small Club: **Five places** are awarded for **Small Club – top 3 scores count.**

Determination Date for Large Club/Small Club Designation:

- Ten days prior to the state meet date is the 2008 Large Club/Small Club Determination Date:
 - **Level 5 – Wednesday, April 29, 2009**
 - **Level 4 - Wednesday, May 6, 2009**
- Any small club may choose to compete as a large club.
- Please notify the state ASAP if you wish to be considered a large club for team awards.
- Small Clubs do not receive points for state standings in determining Compulsory Club of the Year.

6.4 2008-2009 State Meet Entry Procedures for Levels 6-10

****Use the Online State Entry Forms found online at www.vausag.com.***

Level 6 & 7 Entry Requirements:

- Qualifying score of a minimum of 32.50AA – Level 6
- Qualifying score of a minimum of 34.00AA – Level 7
- 2008-2009 Level 6 & 7 State Meet Entry Fee - \$75.00
- The state entry form for LEVEL 6 & 7 10 MUST BE E-MAILED & THEN MAILED TO STEVE GARMAN, VA SACC BY MON., APRIL 13, 2009.

Levels 8, 9 & 10 Entry Requirements:

- Qualifying score of a minimum of 33.00AA – Level 8
- Qualifying score of a minimum of 32.00AA or **8.50 for IES** – Level 9 & 10
- Declaration date of IES Status: January 15, 2009. Please see IES Section.
- 2008-2009 Level 8-10 State Meet Entry Fee - \$75.00
- The state entry form for LEVELS 8, 9 & 10 MUST BE E-MAILED & THEN MAILED TO STEVE GARMAN, VA SACC BY MONDAY, MARCH 9, 2009.

6.4.1 How to enter Level 6-10 Virginia State Meets

- A level 6-10 gymnast may qualify to her state meet by attending **ANY** invitational meet and score at or above the state qualifying score for that level. The Judge's Cup may be used as a qualifying meet.

OR

- Level 8-10 gymnasts that were Regional/National level competitors during the 2007-2008 season may enter at the same level this year. Gymnasts who qualify by their 2007-2008 Regional/National status must be noted on the faxed/e-mailed and mailed team entry form.

All Level 6-10 State Entries MUST be:

1st E-MAILED: E-MAIL ENTRY to- vausag@aol.com

AND

2nd MAILED: MAIL Completed Entries, Meet Score Sheets and payment made payable to VAUSAG by the deadlines indicated above to Steve Garman, VA SAC.

(NOTE: Meet Score Sheets Verifying all Level 6, 7, 8, 9 & 10 state entry qualifying scores submitted must be included with entry and payment. This is especially critical for those scores submitted from out of state invites.)

All gym or booster club checks must be MADE PAYABLE TO **VAUSAG** by the deadlines indicated above and sent to:

**Steve Garman, VAUSAG SAC
3116 Knoll Drive
Falls Church, VA 22042**

Requirements and Checklist for Level 6-10 State Meet Entry Forms:

- 1** *All clubs must use the VAUSAG online entry forms at www.vausag.com to enter all L6-10 athletes to their state meet.*
- 2** Please indicate any HIGH SCHOOL SENIOR or GRADUATING gymnast from your club on the VA State Meet Entry Form. Senior Forms are available online at www.vausag.com and at state meet coaches meeting.
- 3** Make checks payable to **VAUSAG**. Only Gym or Parents Club checks will be accepted. **ONE CHECK MAY BE USED TO PAY FOR ALL LEVELS.**
- 4** Entries must be completed in their entirety with payment in full to be accepted. \$25.00 late fee per gymnast is added to any incomplete or late entries submitted.
- 5** Pending Entries are NOT ALLOWED.
- 6** Meet score sheets verifying all state entry qualifying scores submitted must be included with payment. This is especially critical for those scores submitted from out of state invites.

NOTE: All L6-10 State Entries MUST be submitted in a timely manner in order to organize and inform the participating clubs as soon as possible of session assignments. Thank you for your attention in this matter.

6.4.2 Level 8-10 Regional Entries and Apparel Purchasing at States

1. All Clubs ***MUST*** be prepared to enter their Regional Qualifiers to each Levels Regional Championships at the conclusion of their state meet sessions. USAG Club Numbers **MUST BE** included on all Regional meet entry forms.
2. ***For the 2nd year in a row VAUSAG SAC has voted to pay for all 2009 Virginia Level 8, 9 & 10 Regional Qualifiers.***
3. Separate entry forms are required for each level as they all have separate host clubs.
4. All Clubs should be prepared to purchase Regional Apparel for gymnasts and coaches at the conclusion of the Level 8, 9 & 10 state meets for regional qualifiers. One gym or parents club check made payable to VAUSAG for all level 8, 9 & 10 apparel is acceptable and preferred.

6.5 Host Club Requirements and Responsibilities for States

1. Obtain a sanction for the meet at least 60 days in advance. State will reimburse.
2. **Outside Facility Only:** In addition, host clubs using an outside facility **MUST** obtain a Certificate of Insurance during the sanction process with USAG. Information can be found in USAG Women's R&P handbook or online at www.usa-gymnastics.org.
3. Host Club must have a USAG Safety Certified Professional Member that is also a certified Meet Director available for each session to run the march-in, direct volunteer timers and other competition personnel.
4. Club host Meet Director must be available for the State Meet Director and State Chairman for competition floor needs, coaches, judges, distributing and collecting Regional Packets and entries(L8, 9 & 10 Only), assisting with Regional Apparel(Level 8, 9 & 10 only) and any other State Meet Director responsibilities listed.
5. Secure and pay for judge's hotel rooms. State will reimburse. Please note: Due to carpooling arrangements all judges must be at the same hotel.
6. Contact Diane Berry to coordinate hotel and meal arrangements for the judges. If the meet is held in an outside facility meal arrangements may be different.
7. Host Clubs should attempt to make arrangements with the host hotel for a rebate program. Request compensated or donated rooms for judges.
8. Please Mail or E-Mail ALL VA Clubs a copy of the state meet and hotel information a minimum of 60 days in advance. Meet information should be posted on host club website.
9. Please send all meet and hotel information to the VAUSAG e-mail news coordinator at aefstars@aol.com for distribution to membership and to the VAUSAG webmaster at cpolanosky@gmail.com for posting on the website.
10. ALL USAG RULES AND POLICIES MUST BE FOLLOWED. Provide a clear and organized gym layout. Legal equipment and regulation matting is required. See USAG Women's R & P pages 77-82.
11. Use the Women's Meet Organizational guidelines to plan for a successful event. It can be found at: <http://www.usa-gymnastics.org/women/jo/2001/w-meetorgguide.pdf> . Contact Steve Garman with any questions or concerns at 703-241-1803.

12. **Outside Facility Only:** Host Clubs should plan to provide a designated area for vendors contracted through VAUSAG.
13. **Outside Facility Only:** Secure and obtain written quote for costs of outside facility usage. Forward financial information to Steve Garman, SAC.
14. Secure a Certified Athletic Trainer to be at each scheduled warm-up and competition session. State will reimburse. Please notify Steve if fee is more than \$30.00 per hour budgeted for.
15. Secure a Volunteer Announcer who will represent the host club and the state with pride and enthusiasm. Have an adequate sound system for announcements and the playing of floor music.
16. Plan for adequate volunteers to assist with gym layout, equipment setup & breakdown and the playing of floor music.
17. **Outside Facility Only:** Host Club MUST provide a minimum of 15 volunteers to set up and break down equipment. Please plan accordingly.
18. **AWARDS** - Contact Peach State Awards at 1-800-963-3250 or gkleos@gmail.com to arrange for receipt of State Event Achievement Ribbons(Level 4 & 5 ONLY), State Event, All-Around Medals and Team Awards. Please inventory upon receipt and return any unused awards to the State Chairman within 7 days of the conclusion of the state meet. Awards supplied and paid for by VAUSAG.
19. Host Clubs should provide a program for spectators including the VAUSAG Purpose of State Meets statement.
20. Host Clubs should provide a hospitality area (food & drinks) at the meet for coaches and judges.
21. State meet arena/gym should be decorated appropriately to celebrate the accomplishment of the gymnasts making it to their state meet. The award stand and its location should be planned ahead of time.
22. In consideration of parents and gymnasts, no other activity can take place in the gym during the scheduled competitive sessions. Adequate parking and spectator areas should be provided.
23. **Outside Facility Only:** All gate fees are set by the VAUSAG State Administrative Committee. No gate fees will be charged unless an outside facility is used.
24. State hosts will distribute state meet "end of year" and senior gifts (when appropriate) provided by the state to gymnasts at the end of each session.
25. Level 8, 9 & 10 State Meet Only: Host Club Meet Director to Assist: Obtain Regional Packets for Levels 8, 9 & 10 from the State Chairman and assist with distribution and collection of entries at the head table. See End of Meet Responsibilities.
26. VAUSAG covers all State Meet Expenses listed below:
 - Sanction Fees of \$100.00 per State Meet – late fees will not be paid. Be sure to secure sanction a minimum of 60 days prior to meet.
 - Judging Bill and Judges Hotel Rooms
 - Outside Facility Fees – including, facility rental & fees, equipment rental, contracted hospitality, etc. The state chairman should be notified ASAP regarding any additional fees which are not listed in this handbook.

- Certified Athletic Trainer – State budgets \$30.00 per hour. Please contact Steve if fee being charged is more.
 - All Achievement Ribbons (Levels 4 & 5), Event, All-Around and Team Awards are ordered and paid for by VAUSAG.
 - Reimbursement for reasonable expenses. These may include Mailings, Coaches & Judges Hospitality, Decorations, etc. Please discuss and get approval from Steve regarding unplanned or expensive items.
 - **State Host Club Fee of up to \$1000 per session held will be paid to Host Club.**
27. A completed Financial Report must be submitted to the State Chairman within 2 weeks of the state event. Contact Steve for details. Please include any receipts for requested reimbursement. A copy of the Financial Report Form to be used can be found on the last page of this handbook or online at www.usa-gymnastics.org.
28. ALL REQUESTED REIMBURSEMENTS FROM THE HOST CLUB MUST BE SUBMITTED WITHIN 2 WEEKS OF THE STATE MEET TO STEVE. PLEASE ATTACH ALL RECEIPTS.

6.6 STATE – VAUSAG RESPONSIBILITIES

6.6.1 STATE - VAUSAG RESPONSIBILITIES

1. Receipt of all entry fees and late fees.
2. Verification of all qualifying scores.
3. The SAC must report the names of all All Around and IES qualifiers to Level 9 & 10 State Meet to their Regional Administrative Chairman by the date of their state meet entry deadline.
4. Handles all meet withdrawals and refunds. All meet withdrawals must be submitted in writing to State Chairman a minimum of 10 days prior to meet date to be considered for refund.
5. Provides computer scoring and experienced operator for all state meets.
6. Format of State Meet – State designated/contracted Meet Director along with the State Chairman set up the meet format and forward session information to the host club, the VAUSAG e-mail news coordinator and webmaster. Please contact Steve at 703-241-1803 with any questions.
7. Selection of Judging Panels.
8. **Level 4 & 5 State Meet Only:** Set Large Club / Small Club criteria based on state entries for Level 4 & 5.
9. **Outside Facility Only:** Equipment for State Meets at outside facilities is supplied by the State.
10. **Outside Facility Only:** Sets gate fees for all state meets held in outside facilities.
11. **Outside Facility Only:** Contracts vendors for all state meets held in outside facilities. This includes, but is not limited to the photographer, concessions, gate fee collectors, leotard and pro shop vendors and any other vendor contracted through the state.
12. Obtains and distributes to Host Club all Regional Packets for Level 8, 9 & 10 Regional Qualifier Entries.

13. Pays all expenses, including but not limited to the items listed above - #26.
14. Arranges ordering, delivery and payment of end of year state gift and senior gifts for gymnasts qualifying to their state meets.

6.6.2 Meet Director Responsibilities- Host Club Meet Director to Assist

Before the Meet Weekend

1. As soon as the meet is set, State Meet Director should call, fax or e-mail and then mail and post on both host club and state web sites the meet times and session(s) to participating teams. Please forward session times to the e-mail news coordinator and VAUSAG webmaster.
2. Send all meet information and session times to the state judging director, Diane Berry, at berrydb1@aol.com or fax it to her at 757-474-2221.
3. The state provides a computerized scoring program and experienced operators that are established and reliable.

During the Meet Weekend

1. Host Club Meet Director should be available to assist State Designated Meet Director and State Chairman throughout the weekend.
2. Be sure that all judges and coaches sign in to the meet with valid USAG Pro Member credentials issued by USA Gymnastics. Pro Membership, Safety Certification **and Background Check** must be current.
3. Meet Director must have a coaches meeting at the beginning of each session to take club attendance and relay important details of the meet allowing for the most efficient and safe competition for athletes. Be sure that all judges and coaches sign in to the meet with valid USAG Pro Member credentials issued by USA Gymnastics. Pro Membership, Safety Certification and **Background Check** must be current.
4. **Meet Director must have a coaches meeting at the beginning of each session along with the designated Meet Referee to:**
 - a. **Take club attendance AND verify that all coaches have signed in.**
 - b. **Relay important details of the meet allowing for the most efficient and safe competition for athletes.**
 - c. **Meet Referee explains Inquiry Procedure to all coaches.**
5. All athletes should come prepared to compete. For the safety and consideration of ALL the athlete's, coaches & parents should not allow an injured or sick athlete to compete.
6. Only professional members who are actually coaching and athletes who are competing in that session are allowed on the competition floor.
7. Post scores after each rotation (2nd +) periodically throughout the meet and at the end of each session. This includes individual and team results.
8. Meet Director should have a copy of the original state entry forms submitted by each participating club available for coaches. This is especially critical for Levels 8, 9 & 10 to be entered into their regional meets.
9. Provide a computerized list, by all-around, of all regional qualifiers and by event then score for all IES qualifiers. These lists should be organized by age group. These lists should be made available to coaches at the end of each Level 9 & 10 State meet session. E-mail or FAX these lists to Steve Garman at the conclusion of the weekend.

10. **Level 8 States Only:** Meet Director/Clerical must complete and submit a list, by official Regional Age Groups, of Virginia's Regional Team (Top 6 AA), Virginia's All Stars (7th & 8th place AA) and a minimum of 5 Alternates (9th-14th place AA) per age group to the State Chairman at the conclusion of each session and the Regional Chair within 24 hours of the last session of the state meet. Contact the State Chairman for details.

6.6.3 END OF MEET RESPONSIBILITIES

After the Last Session of the Meet Weekend

1. Send results to the VAUSAG Webmaster in HTML format or as an Excel file to: cpolanosky@gmail.com.
2. ALL USAG RULES AND POLICIES MUST BE FOLLOWED. IF problems occur and the state director is not available, the Virginia board members present are to be contacted for an immediate decision.
3. **Level 8, 9 & 10 State Meets:** Sends a copy of Level 8, 9 & 10 meet results to the Regional Administrative Committee Chairperson, Regional Technical Committee Chairperson, Regional Meet Director and the State Administrative Committee Chairperson. See "Important Addresses" below.

Lynn Perrot, RACC

8642 Lucerne Road
Randallstown, MD 21133
H&Fax-410-521-7387

E-mail – Lperrott@comcast.net

AND

Myra Eifenbein, RTCC

P.O. Box 2803
Laurel, MD 20708-0803
USAG Line & Fax-410-880-1963

E-mail - Region7rtc@comcast.net

Steve Garman, VASAC

3116 Knoll Drive
Falls Church, VA 22042
H-703-241-1803
Fax-703-241-1084

E-mail - vausag@aol.com

4. **Level 4, 5, 6 & 7 State Meets:** Sends a copy of the Level 4, 5, 6 & 7 meet results along with other required forms to the State Chairman only. See address above.
5. Fill out and sign sanction. Send copies of sanction to:

1 – USAG: Original	3 - State Chairman
2 - Regional Chairman	4 - Keep one for your records
6. Give or mail all paper work to Steve Garman within 24 hours. This should include: score sheets, completed sanction form and any other required items.
7. **Level 8, 9 & 10 State Meet Only: Host Club Meet Director to Assist: Obtain Regional Packets for Levels 8, 9 & 10 from the State Chairman and assist with distribution and collection of entries at the head table. 2009 Level 8,9 & 10 Regional Qualifier entries will be paid for by VAUSAG.**
 - All Regional Qualifiers must be entered to their Regional meet at the conclusion of their state meet sessions.
 - Level 9 & 10's qualify by scoring a 34.00 AA total at States or by scoring a **9.00** on an event at States for declared IES gymnasts. **There are 8 JR & 8 SR age groups** for Level 9; AND 4 JR & 4 SR Age Divisions for Level 10. The Women's Program

Manager will determine and publish age divisions prior to the Regional Championships.

- Level 8's qualify by placing in the top 8 AA places in the designated Regional Age Group of which there are 3 Junior and 3 Senior Age Groups. The top 6 All Around placements for each regional age group are considered the VA Regional Team. The 7th & 8th place All Arounders are placed on Regional All Star teams comprised of gymnasts from all states in Region 7. Alternates are named at the state meet and will be notified of their placement to Regionals at a later date.
- All Regional Entries must be faxed and then sent overnight to the Regional Host Club indicated in each packet.
- If a club/coach has submitted a Level 9 or 10 All Around or IES athlete petition for Regional entry to the Regional Technical Chairperson, Myra Elfenbein, they may enter the petitioned gymnast on the official entry form marked specifically as "Petition Pending" along with payment in full. If petition is denied the RTCC will contact the regional meet director who will refund the entry fee.
- Copy your State Administrative Committee Chairperson on all petitions.
- NO petitions may be submitted for Level 8 athletes.
- NO petitions may be submitted at the State Meet for Level 9 or 10 athletes.
- **Coaches must notify their Regional Technical Committee Chairman by Fax or E-mail by the Monday following the State Meet of any athletes they intend to petition to the Regional Meet. (per JO Women's R&P)**
- Proper petition procedure must be followed according to the rules set forth by USAG on pages 49 & 50 of the 2008-2009 Women's Program Rules and Policies and the Region 7 Technical Chair.

6.7 STATE ENTRY FORMS

Please go to www.vausag.com for all online State Meet Entry Forms.



CLUB DIRECTORY

**PLEASE NOTE: THE CLUB DIRECTORY IS NOT ATTACHED, BUT CAN BE FOUND ONLINE AT WWW.VAUSAG.COM.

7 2008-2009 VA CLUB DIRECTORY

The VAUSAG club directory can be found online at www.vasuag.com in a listed html format which can be printed in a "printer friendly" version.



8 FORMS



Revised 11/2000

Name of Event _____
State/Region _____
Date of Event _____
Meet Director _____

FINANCIAL REPORT

INCOME:

Admissions/Programs\$ _____
 Entry Fees # _____ x (Entry Fee) =\$ _____
 Late Entry Fees\$ _____
 Sponsor's Contribution/Program Ads\$ _____
 Concessions/Merchandise Sales\$ _____
TOTAL INCOME\$ _____

EXPENSES:

Facility Rental\$ _____
 Custodial Fees\$ _____
 Equipment Rental\$ _____
 USAG Sanction Fee\$ _____
 Insurance\$ _____
 Judge Assigner's Fee\$ _____
 Judge
 Fees\$ _____
 Transportation\$ _____
 Hotel\$ _____
 Meals\$ _____
 Miscellaneous (Gifts, Flowers, etc.)\$ _____
 Awards\$ _____
 Gymnasts' Gifts\$ _____
 Duplication of Forms\$ _____
 Postage\$ _____
 Phone\$ _____
 Concession/Programs\$ _____
 Other (Specify on Back)\$ _____
TOTAL EXPENSES\$ _____
 Net Profit (Loss)\$ _____

Signature of Event Director _____

Address _____

Phone _____

RETURN TO APPROPRIATE USAG OFFICIAL

Respective State Chairman
or

Regional Chairman

Junior Olympic Sectional, State, Regional and Regional Elite
 Junior Olympic National
 Championships (Level 10) & Level 9 East/WestUSAG Womens Jr. Olympic Program Manager
 Elite, National Classic Meets/ChallengesUSAG Women's Elite Program Manager

DEADLINE: 6 weeks following the event.

30 days

Host Club Contact:	
E-mail Address:	
Cell Phone #:	



Request for Judges Meet Information Sheet

- 1 – Name of Meet: _____
- 2 – Location of Meet: _____
- 3 – Meet Dates Meet Times / Reporting Times for Judges:
 - Dates: Day: _____ Date: _____ Day: _____ Date: _____
 - Times: _____
 - Reporting Times for Judges (Required 30 minutes prior to march-in): _____
- 4 – Reporting Place: _____
- 5 – Number of Judges: _____ Rating: _____ Meet Referee: _____
 Number of Judges Per Panel: _____
- 6 – Type/Level of Meet: _____
- 7 – Number of Days: _____ Sessions/Day: _____ No. of Gymnasts: _____
- 8 – Estimated Length of Sessions: _____ Finals: ___YES or ___NO
- 9 – Judges Fee: - _____ Explanation: _____
- 10 – Travel Arrangements: _____
 Airline Arrangements Coordinated By: _____
 Transportation: _____ To & From Airport: _____ During Meet: _____
- 11 – Housing:
 Address: _____
 Phone: Web Site Address: _____
- 12 – Meal Arrangements if other than as stated in Fee Structure: _____
- 13 – Miscellaneous: _____
- 14 - Contact Information: _____

Meet Director:		VAUSAG Assigning Official:	Diane Berry – VA SJD
Address:		Address:	1213 Hartford Court VA Beach, VA 23464
Home Phone:		Home Phone:	1-757-474-2220
Work Phone:		Work Phone:	1-757-474-2221-FAX
Cell Phone:		Cell Phone:	1-757-439-1848

I understand the terms and conditions of the judges' employment are governed by the approved USAG Competition Agreement.

Printed Name: _____ Signature: _____

****Please Note:** A copy of the Competition Agreement is available from the USAG-SC or NAWGJ-SD. Send this form with the assigning fee to the Assigning Official a minimum of 30 days prior to competition.

Clubs Hosting Meets in Virginia MUST Return this Form to State Assignor, Diane Berry at berrydb1@aol.com - 3 Weeks Prior to Meet AND Forward to all Assigned Judges 2 Weeks Prior to Meet



Host Club Confirmation Form – Virginia VANAWGJ

MEET INFORMATION – PROVIDED BY HOST CLUB 3 WEEKS PRIOR TO MEET:

Meet Date: _____ Host Club: _____
 Meet Director/Contractor Name: _____
 Gym Phone: _____ Home Phone: _____ Cell Phone: _____ E-mail: _____
 Meet Site Address: _____ City: _____ State/Zip: _____
 Clubs Participating in Meet – list ALL clubs entered: _____

Session Information – Please Complete All Session Start Times & Levels Competing:

Sessions	Friday	Saturday	Sunday
1	Time: Levels:	Time: Levels:	Time: Levels:
2	Time: Levels:	Time: Levels:	Time: Levels:
3	Time: Levels:	Time: Levels:	Time: Levels:

Judges Report Time: Judges arrive 30 minutes prior to Session Start Times-List For Each Day:

	Friday	Saturday	Sunday
Start Time			

Meal Arrangements: _____

Hotel Arrangements – Must be completed in full:

Hotel Name:		Phone #:	
Address:			
Confirmation #:			
Dates Reserved & Number of Judges Rooms Reserved :			
Judges in Room #1:	Judges in Room #2:	Judges in Room #3:	Judges in Room #4:

Transportation Information (will be by car unless otherwise indicated): _____

Directions to Meet Site – Insert Hyperlink to a web address or Attach Directions: _____

TO BE COMPLETED BY STATE ASSIGNOR – DIANE BERRY, SJD 3 WEEKS PRIOR TO MEET:

	VAULT	BARS	BEAM	FLOOR
J-1 NAME				
J-1 RATING				
J-1 E-MAIL				
J-2 NAME				
J-2 RATING				
J-2 E-MAIL				
MEET REFEREE NAME				
BILL RESPONSIBILITY				
NOTES FROM VA SJD:				